

# An African-American Newsletter

Volume 1, Issue 3

MARCH 2005



Inside this issue:

National women History month	1
Best fast-food choices	1
Get better solving problems	2
37 wilderness areas on earth	2
Narrowing Online searches	3
Curtis Blandon	3
Keeping Fit	4

## March is National Women's History



In 2005, the Women's History Month theme, "Women Change America," honors and recognizes the role of American women in transforming our culture.

In a recent proclamation of women's History Month, President George W. Bush said, in part:

"During Women's History Month, we cele-

brate the many accomplishments of our Nation's women.

"Women are leaders in American business, government, law, science, medicine, the arts, education, and many other fields. As mothers, sisters, and daughters, they bring compassion and integrity to our communities and help to teach our children the values that make our country great.

"Women today are following in the footsteps of pioneers who helped open the doors to higher education for women in our country. Their vision and determination changed America forever.

"Today, more than 200,000 women are serving in our Nation's Armed Forces and working to defend America and advance peace and freedom. We are grateful for their sacrifice and for the military families that support them.

"Women Change America' also celebrates the myriad ways in which the spirit, courage, and contributions of American women have added to the vitality and diversity of American life."

In 2005, all previous Women's History Week and Month honorees will be recognized and celebrated.

## Best fast-food choices

A recent Gallup Poll found that 95 percent of us frequent fast-food restaurants, and half eat there once a week. These leaner options could make a difference in your health. Arby's: Broccoli and cheddar baked potato. If you ask for double the broccoli, half the cheese sauce, you get 406 calories, 13 g protein, 12 g fat. Other good choices are the Asian Sesame Salad and the grilled chicken sandwich. Burger King: BK Veg-

gie Burger, 340 calories, 15 g protein, 10 g fat. Other good choices: Fire-Grilled Chicken Baguettes, the Original Whopper Jr (hold the mayo). KFC: Tender Roast sandwich. Skip the sauce, and you save 72 calories and 8 g of fat. Other good choices: Barbecue beans and corn at 300 calories and Original Recipe chicken breast. Remove the skin and save 240 calories and 16 g of

fat. McDonalds: Fruit 'n Yogurt Parfait with granola and roasted English muffin, 350 calories, 8.5 g fat. Other good choices include the Chicken McGrill and the regular hamburger.



## How to get better at solving problems

Some problems are just a pain-in-the-neck. Others are monumental and very difficult. In many cases, however, the same tactics can work for either type. Psychologists quoted in the Indianapolis Star give this advice: Start out by being optimistic. Know that you can find a solution and don't become overwhelmed by the situation. Good problem-solvers are not necessarily smarter or more educated than other people, but they have learned how to deal with adversity. Try not to magnify the problem. Instead, view it realistically and

without emotion. Avoid letting distorted thinking interrupt your ability to view the situation logically. Redefine it. Break it into parts if it's complicated and solve the parts individually. Think of someone you know who is good at solving problems. Think of what that person would do in the same situation. Detach yourself so you can come up with more solutions. Think "outside the box." Find quiet time to think and a quiet place where you are free from distraction. A long walk or drive may help you solve part of the problem or all

of it. Don't be limited by pre-determined numbers or types of solutions. Some successful problem-solvers say a solution comes to them after sleeping, in the middle of the night, or in a dream. Don't ignore it if it happens to you. Be courageous. It could be that the solution to the problem is not one that you will like. If there is no other solution, face it and go on. Remember that self-pity will only complicate the situation further.



## Study finds 37 wilderness areas on Earth

According to a massive research project involving nearly 200 scientists, about half of Earth is still wilderness, but much of that area is under pressure from human development.

wilderness, with at least 70 percent of its vegetation in tact and with at least 10,000 square kilometers (3800 miles) having less than 5 people per square kilometer. The study's results were published in the book, *Wilderness: Earth's last wild places* (University of Chicago Press) which contains 500 color photographs of places and creatures.

The 37 wilderness areas include the deserts of North America and forests of South America, all of which are under pressure for development now.

According to Conservation International, the 2003 study found that 46 percent of the Earth's land surface qualified as

## Narrowing online searches



Search engines might well become more valuable to consumers than the Yellow Pages.

Mac users can get local movies, telephone numbers, addresses, and maps from their Sherlock appli-

cation that comes with every computer.

Google can look up phone numbers and addresses. Simply type a name, city, and state. You get a phone number and a Yahoo map.

You can also search local

Yahoo listings for restaurants or other businesses, even specifying the location you wish. A click on any of the restaurant listings will call up a photo, map, price range, and hours of operation.



Curtis Blandon Most Wanted Records  
P.O. Box 721  
Bronx, N.Y. 10461

# CURTIS BLANDON

Imagination are big favorites among record collectors and are still listened to and enjoyed throughout the world.

His writing of the legendary hit song for disco queen Gloria Gaynor (Let's Make A Deal), vocal group singing sensation Camouflage (Disco Symphony), and ABC Records recording artist Sting (Keep Doing It) really show the versatility of Curtis' musical abilities which seem to be endless.

Curtis plays a variety of musical instruments. He arrived from an extraordinarily talented family, his brother being the late Richard Blandon, lead singer of the world-renowned vocal group The Dubs.

Curtis Blandon, an unsung hero, is finally the recognition he deserves. His new CD, titled Sexy, features all new songs written, arranged and played by him. Curtis is unique, the purity of his voice untouched by time.

To learn more about Curtis, visit his web site.

[www.curtisblandon.com](http://www.curtisblandon.com)

His fans can write him c/o

Most Wanted Records

P.O. Box 721

Bronx, NY 10461



## Robin's song

We don't know their very word  
Or what they chat  
on, bird-to-bird.

But it's plain  
to see,  
The song  
they sing,  
Means mainly this:

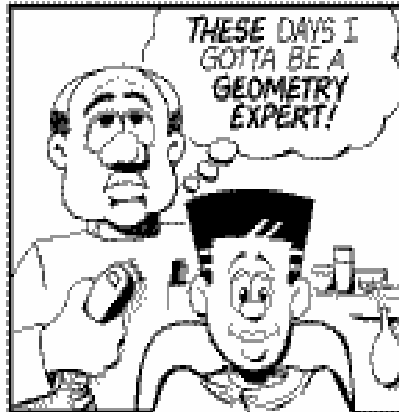
It's time for Spring!



M J Brown

American soul singer, UK soul legend – his name seems to be showing up everywhere these days. His classic northern soul hit recordings; In The Long Run; Young Dumb and Mr.

## MAMA'S BOYZ [HTTP://WWW.MAMASBOYZ.COM](http://www.mamasboyz.com) BY JERRY CRAFT



Bad habits are like chains that are too light to feel until they are too heavy to carry.

Warren Buffet

## The virtual doctor's office

Secure messaging is boosting the use of Web consultations. Blue Cross Blue Shield of Florida now offers 3,000 doctors the option to be reimbursed for online medical consultations. They offer secure, password-protected "webVisits" to treat everything from a cold and

flu to muscle aches and allergies.

Eight other health plans including Empire Blue Cross Blue Shield of New York are conducting pilot programs or have signed contracts with RelayHealth based in Emeryville, Calif., for its webVisit secure online

consultation system.

The service My-DocOnline for Aventis Pharmaceuticals and Medem, a provider of Web sites for doctors, offer secure systems.



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An African-American  
Newsletter

*If you know your history then you know  
yourself.*



### 'La-Z-Girl' recliners for women

Recliner makers have been rolling out chairs designed to dispel the image of massive chairs that are only for Dad.

New recliners are as much as 25 percent smaller, featuring slender armrests and softer colors. La-Z-Boy, Inc. says 25 of its 65 recliners now look like stylish chairs that just happen to recline.

## Keeping Fit



### Unfit young people

People who are out of shape in their 20s run a high risk of developing high blood pressure, heart disease, and diabetes later in life.

Studies in preventive medicine at

Northwestern University gave 4,400 people treadmill tests at age 18 to 30 and again 15 years later. Those who did poorly on the first test faced double the risk of developing high blood pressure, diabetes, or metabolic syndrome when compared to highly fit participants.

Metabolic syndrome is a cluster of symptoms that includes high blood sugar, poor cholesterol levels, high blood pressure, and belly fat.

Some study participants took a second test seven years after the first. Those who became more fit in the intervening years greatly reduced their disease risk.

### Mild exercise lowers BP

People with blood pressure readings from 140/90 to 179/109 can reduce their blood pressure with as little as 30 minutes of easy exercise per week.

A study in the American Journal of Hypertension shows that patients who walked, swam, did sit ups, and stretching for 30 to 60 minutes a week significantly reduced their blood pressure. Exercising 60 to 90 minutes a week lowered blood pressure even more.

Doctors say additional exercise is good for many other reasons, but more than 90 minutes a week of low-key exercise had no further effect on blood pressure.